

LOW-DENSITY LIPOPROTEIN CHOLESTEROL GOAL ATTAINMENT AMONG MALAYSIAN DYSLIPIDEMIC PATIENTS

Alyaa AL-khateeb¹, Mohd Sapawi Mohamed², Kamarul Imran³, Suhairi Ibrahim⁴,
BA Zilfalil¹ and Zurkurnai Yusof⁴

¹Human Genome Centre, ³Department of Community Medicine, ⁴Department of Medicine, School of Medical Sciences, Universiti Sains Malaysia, Kubang Kerian, Kelantan, Malaysia; ²Hospital Sultanah Nur Zahirah, Kuala Terengganu, Terengganu; Malaysia

Abstract. The aim of the present study was to evaluate Malaysian dyslipidemic patient treatment practices and outcomes. Factors contributing to success in reaching treatment goal were determined. A retrospective review of the records of dyslipidemic patients who attended the Universiti Sains Malaysia Hospital in 2007 was conducted. All the patients were receiving standard recommended doses of statins. Records were analysed for 890 patients. Patients were divided into three categories: 384 patients (43.1%) had coronary heart disease or coronary heart disease risk equivalents, 216 patients (24.3%) had moderate risk for coronary heart disease and 290 patients (32.6%) had low risk. Statins were the most commonly prescribed drug group (92%), of which atorvastatin was the most commonly prescribed drug (50.6%). The overall success rate for reaching goal was 64.2%. The percentages of patients achieving low-density lipoprotein cholesterol targets in the coronary heart disease and coronary heart disease risk equivalents, moderate, and low-risk groups were 50.5, 66.7, and 80.3%, respectively ($p < 0.001$). Multiple logistic regression showed achievement of therapeutic goal declined with increasing risk group. The baseline low-density lipoprotein cholesterol value was inversely related to therapeutic goal attainment. An inadequate proportion of dyslipidemic patients achieved the National Cholesterol Education Program therapeutic goals for low-density lipoprotein cholesterol, especially those in the coronary heart disease and coronary heart disease risk equivalent group. The achievement of this goal was dependent on baseline low-density lipoprotein cholesterol levels.

Keywords: dyslipidemic patient, LDL-C, ATP III, goal attainment, Malaysia

Correspondence: Dr Mohd Sapawi Mohamed,
Hospital Sultanah Nur Zahirah, Jalan Sultan
Mahmud, 20400 Kuala Terengganu, Tereng-
ganu, Malaysia.
E-mail: drmsm69@gmail.com